




Get a Grip!

In this experiment, you will measure your gripping power. You will see if your gripping power changes as you grip an object for a longer time. You will also compare your gripping power with your classmates.

PROCEDURE

1. Connect the plastic bottle to the Pressure Sensor.
2. Connect the sensor to the computer interface. Start the Vernier data-collection program and open the file “18 Get a Grip” from the *Middle School Science with Vernier* folder.
3. Grip the bottle as hard as you can with one hand, then click **Collect** to begin data collection. Keep gripping as hard as you can. Do not lean your hand or arm on anything.
4. When the 60 seconds are up and data collection ends, record your data.
 - a. Click the Statistics button, . Then record your mean (average) grip (in kPa) for the 60 s period.
 - b. Drag the Statistics box to the right side of the screen.
 - c. Select the 0–10 s section of the graph by dragging across it.
 - d. Click the Statistics button, . Then record your mean grip for the 0–10 s period.
 - e. Drag this Statistics box to the bottom of the screen.
 - f. Select the 50–60 s section of the graph by dragging across it.
 - g. Click the Statistics button, . Then record your mean grip for the 50–60 s period.
 - h. Close all of the Statistic boxes.

DATA

Your Results		
	Left hand	Right hand
0–60 s Grip average (kPa)		
0–10 s Grip average (kPa)		
50–60 s Grip average (kPa)		
Difference between 0–10 s avg. and 50–60 s avg.		